



2020 More Than A Meal Café

The Rock Mission Center: 1019 E. Wall Street, Eagle River

Meals sponsored by the ADRC of Vilas County

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Sirloin Tips Egg Noodles Squash 3-Bean Salad Whole Wheat Bread Rhubarb Cake	2 Brat on a Bun Steamed Onions Ketchup Potato Salad Baked Beans Angel Food Cake w/ Fresh Berries 4th of July & Birthdays Celebration	3 CLOSED 
6 Beef Chop Suey Whole Grain Rice Oriental Blend Veggies Pineapple Oatmeal Raisin Cookie	7 Herb Baked Fish Tartar Sauce Parsley Buttered Potatoes Pea, Cheese, & Onion Salad Whole Wheat Bread Mandarin Oranges	8 Tuscan Bean Soup Egg Salad Sandwich on Marble Rye Romaine Leaf & Tomato Slice Mayo Grape Juice Peach Crisp	9 Spaghetti & Meat Sauce Romaine Lettuce Salad Dressing Garlic Breadstick Diced Pears Pineapple Cake	10 Roast Turkey Mashed Potatoes Gravy Key West Vegetable Blend Whole Wheat Dinner Roll Raspberry Sherbet Jell-O
13 Stuffed Green Pepper Casserole Carrots Whole Wheat Bread Mixed Fruit Spice Cake	14 Swiss Steak Boiled Potatoes Steamed Red Cabbage Oat Bran Bread Cinnamon Applesauce	15 Chicken Breast Mushroom & Bacon Sauce Mashed Potatoes Country Trio Veggie Blend Biscuit Honey Bee Ambrosia	16 Crab Pasta Salad over Romaine Tomato Wedges Dinner Roll Peaches Lemon Bar	17 Beef Stroganoff Mashed Potatoes Broccoli Salad Whole Wheat Bread Strawberries Angel Food Cake
20 Creamy Chicken Vegetable Casserole Broccoli Oat Bran Bread Mixed Fruit Carrot Cake	21 Paprika Chicken Baked Sweet Potato Peas Raisin Bread Vanilla Yogurt & Berries	22 Hot Dog on a Bun Ketchup & Mustard Baked Beans Potato Salad Mandarin Oranges Cookie	23 Salisbury Steak Gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Pumpkin Bar	24 Tuna Noodle Casserole Whole Kernel Corn Coleslaw Whole Wheat Dinner Roll Grapes
27 Sloppy Joe on a Bun Roasted Potatoes Baked Beans Grape Salad	28 Hamburger on a Bun Grilled Onions Ketchup Tomato & Cuke Salad Calico Beans Strawberry Pretzel Jell-O Dessert	29 Strawberry & Spinach Salad w/ Diced Chicken Breast & Black Beans Poppyseed Dressing Mandarin Oranges Dinner Roll Cookie	30 Ham & Scalloped Potato Casserole Pacific Blend Veggies Whole Wheat Roll Banana Cream Pie Bar	31 Seasoned Baked Fish Baby Red Potatoes Peas Rye Bread Creamy Fruit Salad

Lighter Substitute available in place of main entrée: Grilled Chicken Salad

Reservations or cancellations MUST be made 24 hours in advance.

Meals served Monday through Friday at noon.

Call JENNIE JOHNSON at (715) 891-1221 to reserve or cancel a meal.